



# University Hospitals

1-866-UH4-CARE (1-866-844-2273)  
Uhhospitals.org

## AGE WELL. BE WELL. EVENTS JULY, 2023

If you are not a member of the **AGE WELL. BE WELL.** club and would like to join, please visit our website [www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) to register.

### UH Locations

#### AVON HEALTH CENTER

1997 Healthway Drive  
Avon, OH 44011  
440-988-6800

#### GEAUGA MEDICAL CENTER

13207 Ravenna Road  
Chardon, OH 44024  
440-285-6000

#### PORTAGE MEDICAL CENTER

6847 North Chestnut Street  
Ravenna, OH 44266  
330-297-0811

#### AHUJA MEDICAL CENTER

3999 Richmond Road  
Beachwood, OH 44122  
216-593-5500

#### GENEVA MEDICAL CENTER

870 West Main Street  
Geneva, OH 44041  
440-466-1141

#### RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road  
Richmond Hts., OH 44143  
440-585-6500

#### BEDFORD MEDICAL OFFICE BUILDING

88 Center Road  
Bedford, OH 44146  
440-735-3900

#### LAKE WEST MEDICAL CENTER

36000 Euclid Avenue  
Willoughby, OH 44094  
440-553-8443

#### ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

29000 Center Ridge Road  
Westlake, OH 44145  
440-835-8000

#### CONNEAUT MEDICAL CENTER

158 West Main Road  
Conneaut, OH 44030  
440-593-1131

#### TRIPPOINT MEDICAL CENTER

7590 Auburn Road  
Painesville, OH 44077  
440-375-8100

#### SAMARITAN MEDICAL CENTER

1025 Center Street  
Ashland, OH 44805  
419-289-0491

#### ELYRIA MEDICAL CENTER

630 East River Street  
Elyria, OH 44035  
440-329-7500

#### PARMA MEDICAL CENTER

7007 Powers Boulevard  
Parma, OH 44129  
440-743-3000

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email [Concierge@uhhospitals.org](mailto:Concierge@uhhospitals.org)

## COMMUNITY PROGRAMS AHUJA MEDICAL CENTER HEARTSAVER CPR/AED TRAINING

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members.

American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be prepared to help in during a cardiac arrest. **Spots are limited so please register at:**

<https://uhems.org/registration?ei=5150&li=128>

**Wednesday, July 5**  
4:30 p.m. – 7:30 p.m.

**UH Ahuja Medical Center,  
Conference Rooms A/B**  
3999 Richmond Rd  
Beachwood, OH 44122



## HEALTH SCREENINGS BLOOD PRESSURE SCREENING EVENTS

**Monday, July 3**  
10:30- 11:30 a.m.

**Warrensville Heights YMCA**  
44333 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, July 6**  
12:30 - 1 p.m.

**Beachwood Senior Center**  
25325 Fairmount Blvd  
Beachwood, OH 44122

**Tuesday, July 11**  
6:30 - 8:30 p.m.

**Maple Heights Music in the Park**  
5400 Mayville Ave.  
Maple Heights, OH 44137

**Thursday, July 13**  
10- 11 a.m.

**Solon Senior Center**  
35000 Portz Parkway  
Solon, OH 44139



**Thursday, July 13**  
1:30 - 2:30 p.m.

**Mayfield Village Senior Center**  
6621 Wilson Mills Road  
Mayfield Village, OH 44139

**Saturday, July 22**  
12 -5 p.m.

Lakeside Baptist Church Health Fair  
**Lakeside Baptist Church**  
12600 Euclid Avenue  
Cleveland, OH

## STROKE SURVIVOR SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

**Second Tuesday of each Month**  
5 - 6:00 p.m.

**UH Rehabilitation Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

## BRAIN INJURY CAREGIVER SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

**Fourth Wednesday of each Month**  
5 – 6:00 p.m.

**University Hospitals Rehabilitation  
Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

*These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email*

*Renee.Barrett@uhhospitals.org for information and to sign up.*

## COMMUNITY PROGRAMS

### **BALANCE PRESENTATION**

**Wednesday, July 12**

11:30 a.m. - 12:25 p.m.

A certified personal trainer and experienced fitness specialist will review the importance of balance and lead participants through examples using a variety of modalities. Participants will receive an exercise sheet to continue the exercises on their own. This workshop is for anyone wanting to improve balance.

### **WALK WITH A DOG WALK**

**Friday, July 14**

5:30 p.m.

You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash.

### **GROUP FITNESS INTERVAL WALK**

**Saturday, July 15**

11-11:55 a.m.

Join us for a fun walk outside around our 3rd of a mile black top outdoor track. All walking speeds are welcome. Kelsie McNally, Exercise Science Degreed Fitness Specialist will also review heart rate and other monitoring techniques.

### **STRENGTH TRAINING PRESENTATION**

**Tuesday, July 25**

6:00-6:45p.m.

Looking for new ways to structure your strength training program? Not sure how many sets and reps to do? Join Fitness Specialist and Certified Personal Trainer Tom Brady to learn more about the latest science for resistance training and how to apply it to your exercise program. Pre-registration required.

### EXERCISE & FITNESS

#### **LES MILLS BODYATTACK**

This is a sports-inspired cardio workout for building strength & stamina. A high-energy interval training class that combines athletic aerobic movements with strength & stabilization exercises.

**Monday, July 3**

9:15-10:10a.m.

#### **IRON YOGA**

Energetic yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. This class is for those with experience with yoga.

**Friday, July 7**

8 - 8:45 a.m.

#### **LES MILLS CORE**

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible muscle tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

**Monday, July 10**

10:15-10:45a.m.

#### **AQUA PILATES**

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

**Monday, July 10**

10 - 10:55 a.m.

#### **BEGINNER YOGA**

Class is designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

**Saturday, July 15**

11 - 11:55 a.m.



#### **OUTDOOR CITY OF AVON FITNESS COURT WORKOUT**

Bootcamp style class incorporating all of the cardio and strength exercise stations at the City of Avon "Fitness Court" located at 36265 Detroit Rd, Avon, OH. Class will meet at the fitness court. (Weather permitting).

**Friday, July 21**

8-8:55 a.m.

#### **OUTDOOR BOSU BOOT CAMP**

Full body workout using a BOSU (half ball/half platform). Segments will increase heart rate while others will challenge your muscular endurance. Exercises included, but not limited to: squats, mountain climbers, pushups, planks, shoulder presses, bicep curls, lunging and more. Held on our outdoor tennis court which is full sun. Bring water, your sunglasses and wear sunscreen.

**Saturday, July 22**

8-8:55a.m.

## COMMUNITY PROGRAMS

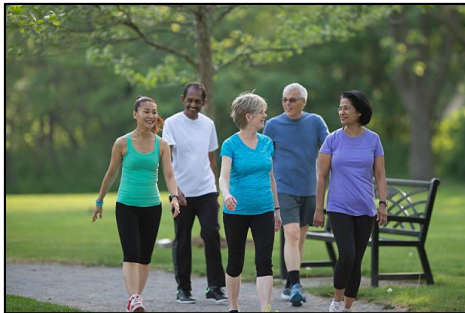
### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Thursdays, July 6, 13, 20, 27**  
9:30 - 10:30 a.m.

### **Ellenwood Center Willard Pavilion**

124 Ellenwood Avenue  
Bedford, OH 44146  
Call **440-735-2559** to register



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, July 13**  
10:45 a.m. - 12:30 p.m.

**Maple Hts. Senior Center**  
15901 Libby Road  
Maple Heights, Ohio 44137

**Wednesdays, July 12, 26**  
11:00 a.m. - 1:00 p.m.

**Ellenwood Recreation Center**  
124 Ellenwood Avenue  
Bedford, OH 44146

**Wednesdays, July 5, 19**  
10:30 a.m. - 1:00 p.m.

### **Bedford Heights Community Center**

5615 Perkins Road  
Bedford Heights OH 44146  
*(Bedford Heights 60+ community  
members only)*

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register.

[Uhhospitals.org/AgeWell](http://Uhhospitals.org/AgeWell)

### **RISK ASSESSMENT AND SCREENING**

UH Bedford Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke.

Based on your answers, recommendations are made for scheduling the recommended testing.

**Thursdays, July 11, 25**  
2 - 4 p.m.

### **UH Bedford Medical Office Building**

Multi-Specialty Clinic  
88 Center Street  
Suite 210  
Bedford, OH 44146  
Call **440-735-2559** to schedule an appointment

## COMMUNITY PROGRAMS

### **UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY**

**Monday - Friday**

9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

### **MEDICATION THERAPY MANAGEMENT CLINIC**

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a referral from a physician is required.

**Monday – Friday**

8 a.m. – 4:30 p.m.

### **UH Geneva Outpatient Pharmacy**

870 West Main Street  
Geneva, OH 44041

*Call 440-415-9548 Rachel Norris, Pharmacist, for more information.*



## **SLEEP MEDICINE**

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

### **University Hospitals - Center for Advanced Sleep Medicine**

810-A West Main Street  
Geneva, OH 44041

*Schedule a sleep consultation by calling 440-415-0153*

### **FREEDOM FROM SMOKING GROUP QUIT PROGRAM**

Join the American Lung Association's seven-week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good.

#### **NO COST QUIT PROGRAM**

*Open to everyone. Light snacks provided*

#### **TWO CLASS TIMES TO CHOOSE**

**FROM: Thursdays (3:30pm – 5pm or 5:30 p.m. – 7:00 p.m.)**

Call Kellie McGinnis - 440-593-0364 or email

[kellie.mcginis@uhhospitals.org](mailto:kellie.mcginis@uhhospitals.org) to

RSVP. First session starts on

Thursday, August 3rd at 3:30pm.

### **UH Geneva Medical Center**

870 West Main St.  
Geneva, OH 44041

## HEALTH SCREENINGS

### **FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)**

For more information, call Lori Ann Slimmer, RN, M.Ed., CDCES @ 440-593-0373.

### **FREE WALK-IN BLOOD PRESSURE SCREENINGS**

**Monday – Friday**

9 a.m. - 9 p.m.

**Saturday - Sunday**

9 a.m. - 5 p.m.

### **Urgent Care**

#### **UH Ashtabula Health Center**

3315 N. Ridge Road, E  
Suite 700A

Ashtabula, OH 44004

*Call 440-992-0759 for information*

### **POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY**

*Glucose, cholesterol and blood pressures will be provided*

**Thursday, July 13**

10:00 a.m. – 12 p.m.

#### **Windsor Community Center**

5400 US-322

Windsor, OH 44099

**Thursday, July 13**

2 – 4 p.m.

#### **Morgan Fire Department**

3033 E. Water St.

Rock Creek, OH 44084

*Call 440-593-0206 for information.*

# UH Conneaut and Geneva Medical Centers, (con't)

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

Call **440-593-0373** Lori Ann Slimmer, RN, M.Ed., CDCES for information.

### **UNDERSTANDING CANCER CARE**

Provider Spotlight – Debra L. Nobbe, RN, MSN, CNS, ACHPN & Rebecca Mihic, MSN, APRN-CNP

**Wednesday, July 19<sup>th</sup>**

5-7pm

The Lantern of Saybrook  
3720 North Ridge West  
Ashtabula, OH 44004

Please join us for an evening of appetizers and drinks while you gain a better understanding of your health from leading experts across your community. Seating is limited. Please RSVP by July 7<sup>th</sup> to Denise Brown at 440-593-0206.

### **HEALTHY SUMMER VEGGIES LEARN HOW VEGGIES CAN KEEP YOU HEALTHY**

**Monday, July 10**

11 a.m. – 12 p.m.

#### **Orwell Country Neighbor**

39 South Maple St.  
Orwell, OH 44076

**Tuesday, July 11**

11:30 a.m. – 12:30 p.m.

#### **Andover Community Center**

181 South Main Street  
Andover, OH 44003

**Wednesday, July 19**

10:30 a.m. – 11:30 a.m.

#### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030

Call **440-593-0364** for Information

## SUPPORT GROUPS

### **BETTER BREATHERS CLUB**

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

**Wednesday, July 5**

*(First Wednesday of every month)*

4 – 5:30 p.m.

#### **UH Geneva Medical Center**

1<sup>st</sup> Floor Pulmonary Rehab Dept.  
870 West Main Street  
Geneva, OH 44041

Call **440-415-0243** for information

### **CANCER SUPPORT GROUP**

**Tuesday, July 11**

5 – 6 p.m.

#### **Harbor Perk**

1003 Bridge Street  
Ashtabula, OH 44004

Call **440-593-0364** for Information



## COMMUNITY PROGRAMS

**Monday through Thursday**  
(Late afternoon and evenings on  
Tuesdays and Wednesdays)  
Call **440-284-5709**

## **DIABETES EDUCATION**

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

Call Sara Deal MS, RDN, CNSC, LD at **440-284-5709** for information



## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

## **UNITED AGAINST CANCER**

Join Lorain County's major healthcare systems and Lorain City Schools as we unite against cancer. We encourage reduced cancer risk through healthy choices and preventative screenings. Free preventative screenings include cholesterol, glucose, blood pressure, mammogram, prostate (PSA), skin cancer, stroke, STD and HIV. There will also be "kid friendly" activities. No registration required!

**Saturday, July 15**

10 a.m. – 1 p.m.

**Lorain High School**

2600 Ashland Avenue  
Lorain, OH 44054

## **BLOOD PRESSURE SCREENING**

**Tuesday, July 18**

12:30 – 2 p.m.

**Avon Lake Senior Center**

Old Firehouse Community Center  
100 Avon Belden Road  
Avon Lake, OH 44012



## COMMUNITY PROGRAMS

Call **440-214-3180** to register

### **LUNCH AND A MOVIE**

Due to very limited space, and to ensure a fun experience for all, registration is required.

**Thursday, July 6**

12 - 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **MEN'S HEALTH AWARENESS**

**Friday, July 7**

12- 1 p.m.

**West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **MEDICATION MGMT & SAFETY**

**Tuesday, July 11**

1- 2 p.m.

**West Farmington Senior Center**

150 College Street  
West Farmington, OH 44491

### **FLORENCE NIGHTINGALE PANEL: WHY I BECAME AND NURSE**

**Wednesday, July 12**

11 a.m. - 12 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

### **GARDENING FOR LIFELONG HEALTH: BUTTERFLY GARDENS**

**Wednesday, July 12**

3 - 4 p.m.

**UH Geauga Medical Center**

**Conference Center**  
13207 Ravenna Road  
Chardon, OH 44024

### **ELDERBERRIES GEAUGA PARK PROGRAM**

**Thursday, July 20**

9 a.m. – 12:30 p.m.

*Light breakfast provided*

**Blood Pressure Screenings**

**Headwater's Park**

13365 Old State Road  
Huntsburg, OH 44046

### **HEALTHY LIVING BINGO**

**Tuesday, July 18**

11 a.m.-12 p.m.

**Middlefield Senior Center**

15820 Ridgewood Drive  
Middlefield, OH 44062

### **EMERGENCY PREPAREDNESS**

**Monday, July 24**

3 - 4 p.m.

**Gauga West Library**

13455 Chillicothe Road  
Chesterland, OH 44024

### **SAVE THE DATE: A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS**

By attending A Matter of Balance workshop you will learn to manage concerns about falls, as well as set realistic goals for staying active, how to stay safe at home, exercises to increase strength and balance and learn how to identify and control your fear of falling

**Tuesdays, August 8, 15, 22, 29**

**Thursdays, August 10, 17, 24, 31**

1:30 - 3:30 p.m.

**Ohman Family Living at Briar**

15950 Pierce Street  
Middlefield, Ohio 44062

*Call 440-279-2167 to register*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, July 10**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street  
West Farmington, OH 44491

**Monday, July 17**

10:00 a.m. - 12 p.m.

**Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

## EXERCISE & FITNESS

### **GEAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**July 11, 18, 25**

**Maple Highland Trail**

Park and meet at Eagles Baseball Field on Park Avenue (Chardon)

Must have your own bike and transportation to park.

Helmets are required

*Call 440-279-2137 for information*



### **WALKING FOR WELLNESS**

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)

**Thursdays | 9 a.m.**

**July 6**

**Lucia Nash Preserve**

16429 Snow Road  
Burton, OH 44021



**July 13**

**Holbrook Hollows**  
7250 Country Lane  
Bainbridge, OH 44023

**July 20**

**Headwater's Park**  
13365 Old State Road  
Huntsburg, OH 44046

**July 27**

**Scenic River Retreat**  
109000 Mayfield Road (park at first  
lot, top of hill)  
Chardon, OH 44024

## **FIGHTING AGAINST PARKINSON'S**

*(In collaboration with Geauga  
Dept. on Aging)*

Non-contact Boxing & Fitness  
Class. Class is for seniors  
diagnosed with Parkinson's  
disease. Goal of this program  
is to delay the progression of  
Parkinson symptoms through  
a variety of exercises and core  
conditioning.

**Mondays, July 10, 17, 24, 31**

**Wednesdays, July 5, 12, 19, 26**

**Fridays, July 7, 14, 21, 28**

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

Cost \$45

Call **440-279-2137** for  
Information

## SUPPORT GROUPS

### **STROKE SUPPORT GROUP**

**Monday, July 10**

6 p.m.

**Outpatient Rehab Services at  
YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

Call **440-214-3101** for information

### **PARKINSON'S SUPPORT GROUP**

**Tuesday, July 18**

12:30-1:30 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

Call **440-279-2137** for information

### **DIABETES SUPPORT GROUP: IMPORTANCE OF FOOT HEALTH**

**Tuesday, July 18**

2 -3 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

Call **440-279-2137** for information

### **LIVING WITH LYMPHEDEMA**

**Wednesday, July 19**

6-7 p.m.

**Concord Health Center**

Community Room  
7500 Auburn Road  
Concord, OH 44077

Call **440-214-3100** for information

### **OSTOMY SUPPORT GROUP**

**Wednesday, July 19**

6:30-7:30 p.m.

**UH Geauga Medical Center  
Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

Call **440-285-6210** for Information

### **CARDIAC SUPPORT GROUP: RECOVERING FROM HEART SURGERY**

**Wednesday, June 28**

6-7 p.m.

**UH Geauga Medical Center  
Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

Call **440-285-6824** for Information

### **Senior Assessments**

Memory Loss and Aging – When to  
seek help?

**UH Geauga Medical Center**

Norma N. Chapman Senior

Assessment Program

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6408** to schedule an  
Assessment

### **Risk Assessments**

Call Wellness Coordinator at 440-  
214-3330

### **Diabetes Self-Management Education**

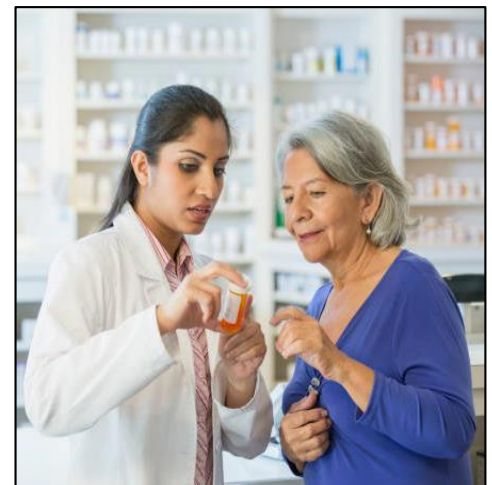
For newly diagnosed or for anyone  
just looking for additional  
information on how to live well with  
diabetes. Call Diabetes Educator  
at **440-214-8233**

### **Medication Management Clinic**

This clinic is staffed by  
pharmacists who are highly trained  
experts in the following areas:  
Diabetes, high blood pressure,  
high cholesterol, heart failure  
and smoking cessation.

Pharmacists will help you organize  
your medications, answer  
questions about your health  
condition or medications.

Call **440-214-3122** for information



## COMMUNITY PROGRAMS

### STROKE AWARENESS

Join University Hospitals Lake Health Stroke Coordinator, Alecia Crognale to learn more about the 5th leading cause of death and top cause of disability for U.S. adults. Learn how to identify risk factors that you can control to prevent a stroke, because every minute counts when dealing with a stroke. Take this opportunity to learn stroke warning signs and strategies to access care quickly. Call Mentor Senior Center if you need membership information at 440-974-5725

**Thursday, July 13**

10 – 11 a.m.

**Mentor Senior Center (Cardinal Room)**

8484 Munson Road  
Mentor, Ohio 44060

### JOHNNYCAKE JOG

Stop by our University Hospitals table at “Ohio’s Finest Five Miler” for blood pressure checks, give-away items, raffles, and to cheer on the runners! If you would like to participate without running there is even a walking option! Go to:

<https://runsignup.com/Race/OH/Painesville/JohnnycakeJog5Milerand5K> to register. No registration is required for blood pressure checks or visiting our table! The run event starts and finishes at the Lake County Fairgrounds in Painesville with the race starting at 8 am and the walk at 8:15 am.

**Sunday, July 9**

8 – 11 a.m.

**Lake County Fair Grounds**

1301 Mentor Avenue  
Painesville, OH 44077

### WILLOUGHBY ARTSFEST

Stop by our University Hospitals table in the heart of Historic Downtown Willoughby. Health screenings will be provided as well as health education and resources. Reduce stress as you try your hand at the creative process.

**Saturday, July 15**

10 a.m. – 5 p.m.

**Downtown Willoughby**

1 E Spaulding Street  
Willoughby, OH 44094

### CONCORD TOWNSHIP SUMMER CONCERT WITH THE WOODPECKERS

Stop by our University Hospitals table for blood pressure screenings and health education while enjoying a night of upbeat country swing music at the Concord Town Hall Gazebo. For more summer concert information:

<https://concordtwp.com/community/activities/summer-concerts/>

**Thursday, July 13**

7 – 9 p.m.

**Concord Twp. Town Hall Gazebo**

7229 Ravenna Road  
Concord Township, OH 44060

### LIGHT UP THE PARK FAMILY FUN DAY, FIREWORKS & PRODUCE GIVEAWAY

Stop by our University Hospitals tent to take a step toward wellness with health screenings and fun educational activities. University Hospitals Lake Health Community Outreach with support from the Lake Health Foundation will be conducting a fresh seasonal produce give-away for the first 100 participants. Learn about the health benefits of eating locally grown produce. Produce will be freshly harvested by local grower Rainbow Farms of Madison, Ohio.

For more information about Rainbow Farms produce go to:

<https://rainbowfarmsonline.com/>

UH Air Med will be touching down between 3 p.m. – 5 p.m.

**Saturday, July 22**

3 - 9 p.m.

**Madison Township Park**

2065 Hubbard Road  
Madison, OH 44057

### LAKE COUNTY FAIR

It is going to be a fantastic week of fun at the Lake County Fair! Stop by our University Hospitals tent for health screenings and information throughout the week. Friday is Senior Day at the Lake County Fair and seniors get in for free! University Hospitals Lake Health will be taking part in a special senior day celebration with the Lake County Council on Aging from 10 a.m. to 2:00 p.m. and includes games, lunch, and entertainment. For more information about or to register for this senior day event call 440-205-8111. For information about the county fair:

<https://lakecountyfair.org/>

**Tuesday, July 25**

9 a.m. – 10 p.m.

**Wednesday, July 26**

9 a.m. – 10 p.m.

**Thursday, July 27**

9 a.m. – 10 p.m.

**Friday, July 28**

9 a.m.-10 p.m.

**Saturday, July 29**

9 a.m.-10 p.m.

**Sunday, July 30**

9 a.m.-10 p.m.

**Lake County Fairgrounds**

1301 Mentor Avenue  
Painesville, OH 44077

## **FAIRPORT MARDI GRAS BEACH PARTY**

Friday is Senior Day at the Fairport Mardi Gras Beach Party, but UH will be there for the entire party! Stop by the University Hospitals tent! Health screenings and fun activities will be provided.

**Saturday, July 1**

12 – 11 p.m.

**Sunday, July 2**

12 – 11 p.m.

## **Fairport Harbor Lakefront Park**

301 Huntington Beach Drive  
Fairport Harbor, OH 44077

## **MYSTIC YOGA OUTDOOR YOGA & WELLNESS FESTIVAL**

Experience movement, community, and wellness. Roll out your mats to secure a spot at 5 p.m., with classes starting at 6:30 p.m. University Hospitals Lake Health outreach team and UH Brunner Sanden Dietrick Wellness Center wellness professionals will be on hand throughout the event. We will have blood pressure checks available at the University Hospitals table. For more about the festival:

<https://www.mysticmentorfestival.com/>

**Friday, July 28**

5 – 9 p.m.

## **Mentor Civic Amphitheater**

8600 Munson Road  
Mentor, OH 44060



## **HEALTH SCREENINGS**

### **BLOOD PRESSURE SCREENING EVENTS**

No appointment necessary! UH Lake Medical Centers will be providing

FREE blood pressure screenings  
In the main lobby area.

**Saturday, July 1**

9 a.m. – 12 p.m.

## **Tripoint Medical Center**

7590 Auburn Road  
Painesville, OH 44077

**Saturday, July 15**

9 a.m. – 12 p.m.

## **Lake West Medical Center**

36000 Euclid Avenue  
Willoughby, Ohio 44094  
*Call 440-313-2030 for information*

## **SUPPORT GROUP**

### **BREAST CANCER SUPPORT GROUP**

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information

[Melissa.Loop@UHhospitals.org](mailto:Melissa.Loop@UHhospitals.org) |

**Wednesday, July 19**

6 – 7 p.m.

## **UH Mentor Health Center**

Main Lobby (The entrance with the large flagpole.)  
9485 Mentor Avenue  
Mentor, OH 44094

## **STROKE SUPPORT GROUP**

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests.

Call **440-759-5114** to register or for information

[Alecia.Crognale@UHhospitals.org](mailto:Alecia.Crognale@UHhospitals.org) |

**Wednesday, July 5**

6 – 8 p.m.

## **UH Brunner Sanden Dietrick Wellness Center**

Conference Room A  
Mentor, Ohio 44060  
8655 Market Street

## COMMUNITY PROGRAMS

### DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call Allison Danko, MS, RD, LD at **440-743-2155** for information.

### HEARTBURN CENTER

**Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical.** This center will streamline services for patients. Click [here](#) to read more about the Heartburn Center at Parma Medical Center. *Call 216-758-8611 to schedule an appointment at the Heartburn Center*

### EARLY LUNG NODULE DETECTION WITH LOW – DOSE CT SCANS

The earlier we identify lung cancer, the stronger the outcomes. That's why University Hospitals Parma Medical Center offers low-dose CT screening as part of our Lung Nodule Program. We evaluate high-risk individuals, such as long-term smokers, and screen them to look for suspicious nodules before they become problematic.

*Call 440-743-8520 to schedule an appointment at the Lung Nodule Center*

### CORE4 VIRTUAL - Adult Weight Management Program 12 week program

Includes one-on-one and group sessions. Cost is \$100 which includes a workbook. Payment due at the first one-on-one session.

Topics include: Guidelines for weight management; nutrition components; body composition; the power of exercise; behavior modification; protein, carbohydrates & fat; food labels & meal planning; portions & dining out; stress & sleep and long term success with monthly follow ups.

Dates to be determined.  
*Call 440-743-2155 for more information.*

### COMPREHENSIVE PAIN CENTER

Patients suffering from chronic pain will find many more options at Parma Medical Center, with its proven interventional pain management. The pain center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators and infusion therapy). UH Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. To schedule an appointment with the UH Comprehensive Pain Center at Parma call **440-743-4333**

### University Hospitals Science of Health Podcast MANAGING CHRONIC PAIN – WHERE TO START

Speaker is Kutaiba Tabbaa, MD, Director of University Hospitals Parma Medical Center's Comprehensive Pain Center.

Click [here](#) to listen to this informative podcast

### UH CONNOR WHOLE HEALTH

Our dedicated health care professional are experts with the highest credentials whether in conventional medicine, integrative health, medical massage or traditional Chinese medicine. They will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

Services Offered

- Chiropractic care
- Massage Therapy
- Acupuncture

### UH Parma Medical Center

Medical Arts Building 4  
6115 Powers Boulevard  
Parma, OH 44129

[Click here](#) for more information  
*Call 216-877-9651 to schedule an appointment*

### PROMOTING WELLNESS WITH SLEEP HEALTH

Learn about sleep health & sleep as a pillar of wellness. Learn how daily routines can hinder or promote sleep and importance of managing stress to improve quality of sleep.

[Click here](#) to open the presentation.  
Must have Zoom to view this.

### SLEEP SERVICES AT UH PARMA MEDICAL CENTER

We offer in person and virtual visits. [Click here](#) for more information about University Hospital's Sleep lab or to find a sleep lab near you.

*Call 216-844-7378 to schedule an appointment*



# UH Parma Medical Center, (con't.)

## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

Free Blood Pressure Screenings at these locations (walk in).  
Call **440-743-4932** for information

**Wednesday, July 5**

11 a.m. - 12:30 p.m.

**(Glucose Screening Included)**

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

**Wednesday, July 5**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road

North Royalton, OH 44133

**Tuesday, July 11**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road

Broadview Hts., OH 44147

**Wednesday, July 12**

8 - 9:30 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive

Seven Hills, OH 44131

**Thursday, July 13**

9:30 - 11 a.m.

**Brooklyn Senior Center**

7727 Memphis Avenue

Brooklyn, OH 44144

**Friday, July 14**

10 - 11:30 a.m.

**Independence Senior Center**

6363 Selig Drive

Independence, OH 44131

**Friday, July 14**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 Powers Boulevard

Parma, OH 44129

**Tuesday, July 25**

9 - 10:30 a.m.

**North Royalton Y.M.C.A.**

11409 State Road

North Royalton, OH 44133

### **NON-FASTING OR FASTING CHOLESTEROL SCREENING**

**NON-FASTING** – Free. Includes total cholesterol, LDL, and blood sugar.

**FASTING** - \$30 (cash or checks only)

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar.

**Wednesday, July 19**

9 – 11 a.m.

**Appointment required**

Call **440-743-4932** for appointment

## EXERCISE & FITNESS

### **PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE**

For those diagnosed with Parkinson's with their spouse; support person or caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program.

**Wednesdays July 19, 26 only**

**No class on July 5 or 12**

12:30 – 2 p.m.

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

Call **440-743-4932** for information

## SUPPORT GROUPS

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

Call **440-743-4932** for information

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.

**Tuesday, July 11**

1 – 2:30 p.m.

### **STROKE & ARTHRITIS SUPPORT GROUP**

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and/or question, call **440-743-4127***

**Monday, July 10**

12:30 – 2 p.m.



## COMMUNITY PROGRAMS **RED CROSS BLOOD DRIVE**

**Monday, July 24**  
11 a.m. – 5 p.m.

UH Portage Medical Arts Building,  
Atrium  
Ravenna, Ohio 44266  
To make an appointment, please visit  
RedCrossBlood.org or scan the QR  
code:



## **SAIL FALLS PREVENTION CLASS**

**SAIL – Stay Active & Independent  
for Life**

A new class that is an evidence based  
falls prevention program to build  
strength, balance & flexibility. It will  
be offered at two locations:

### **Streetsboro Senior Center**

9307 State Route 43  
Streetsboro, OH 44241  
*Call 330-626-2398 for Information*

### **Portage County Senior Center**

705 Oakwood Street  
Ravenna, OH 44266  
*Call 330-297-3456 for Information*

## **AMPUTEE WALKING CLINIC**

**Thursday, July 6**  
3 - 5 p.m.

UH Portage Medical Arts Building,  
Atrium  
6847 N. Chestnut Street  
Ravenna, OH 44266

## **HIKE WITH A CARDIOLOGY EXPERT**

A representative from University  
Hospitals Portage Medical Center  
Cardiovascular department will hike  
with the group and discuss all things  
heart health. Bring your questions!

**Thursday, July 13**  
6 – 7 p.m.

**Trail Lake Park**  
605 Ravenna Road  
Streetsboro, OH 44241  
*Register at portageparkdistrict.org or  
call 330-297-7728*

## **HEALTH & WELLNESS RESOURCES & EDUCATION: NUTRITION AND SUMMER AILMENTS**

Stop by for valuable health  
information provided by our partners  
at Western Reserve Hospital.

**Saturday, July 15**  
9:00 a.m. – 1:00 p.m.

**Haymaker Farmer's Market**  
*Franklin Avenue in Downtown Kent  
(Outdoor market under the Haymaker  
overpass between Main St. & Summit  
St.)*

## **MEDITERRANEAN DIET COOKING DEMO AND INFORMATIONAL EVENT**

Join our dietitians to learn more about  
the popular Mediterranean Diet and  
enjoy a food demo and samples.

**Wednesday, July 19**  
4 – 5 pm  
**UH Portage Medical Arts Building,**  
Room 150  
6847 North Chestnut Street  
Ravenna, OH 44266  
*Call 330-297-2576 for information  
and to register*

## **SAFETY EVENT – FREE BIKE HELMET**

Bring your kids to the UH Cafeteria  
for bike safety education and a free  
bike helmet. Kids can also enjoy free  
lunch during their visit!

**Wednesday, July 19**  
11 a.m. – 1:30 p.m.

**UH Portage Medical Ctr. Cafeteria**  
6847 North Chestnut Street  
Ravenna, OH 44266

## **KIDS SUMMER LUNCH PROGRAM**

This summer, Monday-Friday  
children ages 1-18 are eligible to  
receive a free, healthy lunch in the  
Cafeteria. Registration is not required,  
but meals must be eaten in the  
hospital cafeteria to be eligible.

**Monday – Friday**  
**May 30 – August 15**  
11 a.m. – 1 p.m.

**UH Portage Medical Ctr. Cafeteria**  
6847 North Chestnut Street  
Ravenna, OH 44266

## HEALTH SCREENINGS **THYROID SCREENING**

Join us for a free Thyroid Screening  
event

**Tuesday, July 25**  
8 – 10 a.m.

**UH Portage Medical Center**  
Palmstrom Community Room  
6847 North Chestnut Street  
Ravenna, OH 44266  
*Pre-registration is required. Call 330-  
297-2576 to register*

## **VIRTUAL SMOKING CESSATION CLASSES**

Call 330-297-2576 for information

## **SUPPORT GROUPS**

Call 330-297-2576 for Information

## **PARKINSON'S SUPPORT GROUP**

**Tuesday, July 18**

2 - 4 p.m.

## **UH Portage Medical Arts Building**

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

## **SUPPORT FOR GRIEVING ADULTS**

### **The Grief Place**

INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)

**330-686-1750**

### **Kelly's Grief Center**

INFO: [www.kellysgriefcenter.com](http://www.kellysgriefcenter.com)

Call **330-593-5959** for Information

## **WOMEN'S HEALTH**

### **FREE MAMMOGRAMS**

For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

Call **330-297-2338** to see if you qualify for this screening.

To schedule an appointment with a breast surgeon, call UH 4 Care: **(844)763-3298**

To schedule a medical oncology appointment, call **(216)844-3951** and press option 1

To reach the UH Patient Navigator at UH Portage Medical Center call **(330)297-2873**

Find a Primary Care Provider or Specialist online at

<https://www.uhhospitals.org/doctors> or call **(877) 251-0176**

For COVID-19 information, testing and vaccine sites, visit

<https://UHhospitals.org/healthcare-update> or call **(216) 273-3218**

UH Virtual Events and Health Talks

<https://www.uhhospitals.org/Health-Talks>

## **HEALTHY@UH PODCASTS**

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the

opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser.

<https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



## COMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Tuesdays, July 11, 18, 25**  
12 – 1 p.m.

### **Richmond Heights City Hall**

26789 Highland Road  
Richmond Heights, OH 44143  
Call **440-735-2559** to register



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, July 17**  
10:30 a.m. - 12:30 p.m.

### **Kiwanis Lodge Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

**Saturday, July 15**  
9:30 a.m. - 11:30 a.m.

### **Euclid Hunger Center**

291 E. 222nd Street  
Euclid, OH 44123

**Wednesdays, July 5, 12, 19, 26**  
6:30 - 8:30 p.m.

### **Richmond Heights Summer Concert Series**

27285 Highland Road  
Richmond Heights, OH 44143

## **RISK ASSESSMENT AND SCREENING**

UH Richmond Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Recommendations are made for scheduling the recommended testing.

**Tuesdays, July 11, 25**  
10 – 11:30 a.m.

### **UH Richmond Medical Office Building**

27155 Chardon Road Suite 106  
Richmond Heights, OH 44143

Call **440-735-2559** to schedule an appointment

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### **REGISTER TO BECOME A MEMBER TODAY**

*If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register. **Uhhospitals.org/Agewell***

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## COMMUNITY PROGRAMS

### **AMERICAN HEART ASSOC.**

#### **BASIC LIFE SUPPORT CPR**

**Tuesday, July 27**

2-4 p.m.

#### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

### **AMERICAN HEART ASSOC.**

#### **HEARTSAVER CPR**

**Wednesday, July 19**

2-4 p.m.

#### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

### **RED CROSS BLOOD DRIVE**

**Friday, July 7**

12 – 6 p.m.

**Thursday, July 20**

9 a.m. – 3 p.m.

#### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

### **OUT-PATIENT CLINICAL NUTRITION SERVICES**

One on one appointments available  
with Registered Dietitian, Katie Kline.

Call **419-207-2501** for information.

### **SMOKING CESSATION**

One on one consultations available.

Call **Amanda at 419-207-2306** for  
information.

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Tuesday, July 11**

9 - 10:30 a.m.

#### **Ashland YMCA**

207 Miller Street  
Ashland, OH 44805

## EXERCISE & FITNESS

### **S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)**

Walking support group for COPD  
patients

**Tuesdays and Thursdays**

10 a.m.

#### **The Keith Field House**

Ashland High School  
Ashland, OH 44805

### **ASHLAND HEART TROTTERS WALKING CLUB**

Walking support group for  
cardiac/pulmonary rehab patients

**Monday, Wednesday, Friday**

11:30 a.m. - 12:00 p.m.

#### **Freer Field**

Ashland, Ohio 44805

Subject to cancellation for inclement  
weather

Call **419-207-2453** for Information



## COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

## **DIABETES EDUCATION CLASSES**

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

### **Diabetes Self -Management**

**Classes:** Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated. Participants can choose what they would like to learn during class.

**Nutrition for Diabetes Class:** We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

### **Diabetes Educator Follow-up:**

After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis **440-827-5341**

**Individualized education sessions** available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

**UH St John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145

*For scheduling or questions, call*  
**216-844-1768**

## **OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition experience throughout each person's life cycle, Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
*Call 440-835-4426 to schedule*

## **SENIOR SUPPER CLUB**

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

## **EVERYDAY**

4 – 5:30 p.m.

*For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544.*

*You must present your card to receive the discount.*

## **AMERICAN HEART ASSOC. HEARTSAVER CPR/AED**

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at [www.uhems.org](http://www.uhems.org). Call 216-849-5013*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, July 10**  
10:45-11:45 am

**Fairview Park Senior Center**  
20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, July 12**  
9:00 – 10:30 a.m.

**Cove Community Center**  
12525 Lake Avenue (enter off Clifton)  
Lakewood, OH 44107

**Thursday, July 13**  
10:45 -11:45 am

**North Olmsted Senior Center**  
Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

**Thursday, July 27**  
11:30 a.m. – 1 p.m.

**Westlake Center for Community Services- Community Room**  
28975 Hilliard Blvd  
Westlake, OH 44145



# UH St. John Medical Center, a Catholic Hospital, (con't)

## BALANCE SCREENING

Call 440-414-6050 for an appointment. Space is limited.

## AUDIOLOGY SCREENING

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.

## SUPPORT GROUPS

### HOPE GROUP

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors

**Wednesday, July 5**

5:30 – 7:30 p.m.

**UH St. John Medical Center**  
Community Outreach Department  
**Suite R**

29160 Center Ridge Road  
Westlake, OH 44145

Call 440-827-5440 for information



## Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. **The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).**

**Thursday, July 13**

1 – 4 p.m.

**North Royalton Fire Station**

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

**Thursday, July 20**

2 – 5 p.m.

**Bay Village Fire Station**

28100 Wolf Road

Bay Village, OH 44140

**Thursday, July 27**

2 – 5 p.m.

**North Olmsted Fire Station**

24291 Lorain Road

North Olmsted, OH 44070



**To schedule at:**

**North Ridgeville Fire Station** located at 7000 Ranger Way, North Ridgeville, OH 44039

**Register:** <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.